

POLICY AND PROCEDURE

REACH for Tomorrow

POLICY: RC-909

TITLE: Behavioral Health Counseling/Therapy Service

EFFECTIVE DATE: 10/16/18

AUTHORIZED BY: Board of Trustees

In accordance with 5122-29-03, and in conjunction with Mental Health Assessment and Community Psychiatric Support Therapy, REACH staff is able to provide Individual and Group Behavioral Health Counseling and Therapy Services.

I. Description of Services

Behavioral health counseling and therapy service means interaction with a person served in which the focus of treatment is on the person's mental illness or emotional disturbance. When the person served is a child or adolescent, the interaction may also be with the family members and/or parent, guardian and significant others when the intended outcome is improved functioning of the child or adolescent and when such interventions are part of the ISP.

- A. Counseling and therapy services consist of a series of time-limited, structured, face-to-face sessions that works towards the attainment of mutually defined goals as identified in the Individual Service Plan (ISP) with a child or adolescent. The face-to-face interaction may also be with family members and/or a parent, guardian or significant other when the intended outcome is improved functioning of the child or adolescent and when the interventions a part of the ISP.
- B. This service will be provided at office locations or in the natural environment of the person served, such as in the community, school and home environment. Regardless of location, services shall be provided in a manner to ensure privacy.
- C. REACH will ensure timely collateral contacts with family members, parents or guardians and/or with other agencies or providers providing services to the child.
- D. In addition, should behavioral health counseling and therapy service be offered via videoconferencing technology, all components of OAC rules shall be followed.

II. Program Description

- A. Clinical Program: REACH provides community based services to consumers identified as having a mental health disorder. Criteria for admission to services are based on consumer meeting medical necessity criteria.
 1. Proposed BH counseling and therapy services include group and individual counseling based on needs determined from a completed mental health assessment.
 2. Group counseling would be short term in its approach and include areas such as conflict resolution and problem solving skills, anger and stress management, and effective communication.
 3. Individual counseling would be based upon identified impairment in functioning, severity of behavior and emotional problems and need for crisis support.
- A. Staff: BH Counseling and therapy (Counseling and psychotherapy) services will be provided by staff qualified in accordance with Chapter 5122-29-03 of the Administrative Code. Staff providing counseling and therapy services and not independently licensed (LISW, PCC, Psychologist or

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Psychiatrist) will receive formal supervision on at least a bi-weekly basis and informed supervision on an as needed basis. The supervisor to supervisee ratio will be maintained at a 1:7 ratio.

- B. Population Served: Consumers identified for services are typically:
 - i. Between the ages of birth to eighteen (18) with histories of physical, sexual, and emotional abuse and/or neglect issues. Youth identified for services will be assessed along SED criteria.
 - ii. Between the ages of 18 and above with histories of developmental disabilities and currently receiving support from a county developmental disability board.
- C. Availability of Services: All services described are available to youth, community members, and adults receiving services from a county developmental disability board. Most CPST and BH Counseling and Therapy services would be delivered within daytime and/or evening hours, except in the case of a crisis. Clients referred by a county disability board are encouraged to contact their Support Services Administrator for crisis support and those in the community to seek emergency care in crisis.